



PHN Shelter Deployment Packing Checklist

Food and Medicine

- At least 5 gallons of water per person (which should be enough to last 3 to 5 days)
- A 3 to 5-day supply of food that does not go bad (like canned food)
- Personal Prescription medicines
- Hand sanitizer
- First aid kit and instructions
- Any personal clinical related items that you would need/want i.e., stethoscope

Personal Care Products

- Changes of clothes to cover time deployed
- Cash
- Comfortable shoes
- Toothpaste
- Toothbrush
- Hair band, if applicable
- Tampons and pads, if applicable
- Lip moisturizer
- Soap
- Baby wipes
- Hand sanitizer
- Wet cleaning cloths (like baby wipes) in case you do not have access to clean water
- Eyeglasses or Contacts, if applicable
- Sleeping bag / pillow
- Cell phone, charger, and list of important phone numbers
- List of important phone numbers



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Safety Items	
	Battery-powered radio
	Flashlights
	Extra batteries
	Flares
	Maps
	Jumper Cables
	CPR face masks (pediatric and adults) with extra filters, if available
	Mask & gloves, if available
Misc. Items	
	Stethoscope, blood pressure cuff, if available
	Paper & pens
	Spray disinfectant
	Extra-large garbage bags (for creating a barrier)
	Coloring books/crayons, deck of cards, board games, puzzles, or other stress reducers you do not mind leaving behind